

OCTOBER 2010

BAY COUNTY DIVISION ON AGING

HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(4) BEEF POT ROAST BAKED POTATO (3) STEWED TOMATOES (1) WHOLE WHEAT BREAD w/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(5) SLICED TURKEY MASHED POTATOES w/ GRAVY (1) WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD w/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)	(6) COD FILET SANDWICH (1) ON A WHOLE WHEAT BUN (2) HERB BAKED POTATOES (1) CREAMY COLESLAW (1) FRUIT (2) FAT-FREE MILK (1)	(7) DUTCH CHICKEN DUTCH POTATOES (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) PEACHES 'N' CREAM CAKE (3) FAT-FREE MILK (1)
(11) OVEN-BAKED CHICKEN RED SKIN POTATOES w/ONION CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) DICED PEARS (1) FAT-FREE MILK (1)	(12) HOMEMADE GOULASH (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(13) CHICKEN TENDERS BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD w/OLEO (1) BITE-SIZE PEACHES (1) FAT-FREE MILK (1)	(14) PORK CHOP w/MUSHROOM GRAVY MASHED POTATOES SPINACH WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)
(18) LUNCHEON STEAK w/TOMATO SAUCE MASHED POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD w/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)	(19) BAKED PORK CHOP CANDIED SWEET POTATO (3) CAULIFLOWER WHOLE WHEAT BREAD w/OLEO (1) FRUIT COCKTAIL CAKE (3) FAT-FREE MILK (1)	(20) HOMEMADE CHILI (2) SALTINE CRACKERS (1) BAKED POTATO (3) STEAMED BROCCOLI FRUIT (2) FAT-FREE MILK (1)	(21) SLICED HAM RED SKIN POTATOES (2) GREEN BEANS WHOLE WHEAT BREAD w/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)
(25) LEMON PEPPER TILAPIA (1) BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(26) HUNGARIAN PORK CHOP MASHED POTATOES (1) MIXED VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(27) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)	(28) ROAST BEEF & AuJUS MASHED POTATOES w/BEEF GRAVY (2) GREEN BEANS WHOLE WHEAT BREAD w/OLEO (1) OATMEAL RAISIN COOKIE (2) FAT-FREE MILK (1)

SALAD/SANDWICH MENU**OCTOBER 2010**

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 10-4 THRU 10-7-10) <u>SWEET & SOUR CHICKEN SALAD</u> ALL WHITE MEAT CHICKEN ON A BED OF CHOPPED ROMAINE LETTUCE WITH TOASTED SESAME SEEDS & ALMONDS WITH RED ONION, TOMATO, CHINESE NOODLES, AND SWEET & SOUR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>SMOKED HAM & SWISS ON RYE</u> SMOKED HAM WITH SWISS CHEESE ON RYE BREAD WITH RED ONION, TOMATO, ROMAINE LETTUCE, BABY CARROTS, CUCUMBER SPEARS, AND DIJON HONEY MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 10-11 THRU 10-14-10) <u>GREEK SALAD</u> ROMAINE LETTUCE, TOMATO, GREEN PEPPER, RED ONION, CUCUMBER, BLACK OLIVES, AND FETA CHEESE WITH GREEK DRESSING COTTAGE CHEESE MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TURKEY & SWISS WRAP</u> SHAVED TURKEY & SWISS CHEESE ON WHOLE WHEAT FLATBREAD WITH RED ONION, TOMATO, ROMAINE LETTUCE, CUCUMBER, BABY CARROTS, AND RANCH DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 10-18 THRU 10-21-10) <u>CAESAR SALAD</u> CAESAR SALAD WITH BAKED CHICKEN, ROMAINE LETTUCE, TOMATO WEDGES, CHEESE, CROUTONS, AND MARZETTI CAESAR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>HOMEMADE MEATLOAF SANDWICH</u> HOMEMADE MEATLOAF PLACED ON RYE BREAD WITH AMERICAN CHEESE, ROMAINE LETTUCE, RED ONION, CUCUMBER SPEARS, AND BABY CARROTS SERVED w/HONEY MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 10-25 THRU 10-28-10) <u>CHEF SALAD</u> TURKEY AND SMOKED HAM STRIPS WITH CHEDDAR CHEESE, EGG, RED ONION, TOMATO, AND CROUTONS ON CHOPPED ROMAINE LETTUCE WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TUNA SALAD WRAP</u> CREAMY TUNA SALAD PLACED ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONION, AND SLICED TOMATO SERVED WITH RANCH DRESSING, CUCUMBER SPEARS, AND BABY CARROTS DESSERT/FRUIT OF THE DAY FAT-FREE MILK

SALAD & SANDWICH CHOICES ARE AVAILABLE @ THE MEAL SITES ONLY.**CARBOHYDRATE KEY: 12 – 23 = (1) 24 – 35 = (2) 36 – ABOVE = (3)**

OCTOBER 2010**HAMPTON EVENING MENU****BAY COUNTY DIVISION ON AGING**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(4) CRISPY CHICKEN BREAST (1) DICED RED SKIN POTATOES SPINACH WHOLE WHEAT BREAD/OLEO PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(5) BEEF POT ROAST SCALLOP POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD/OLEO FRESH FRUIT (2) FAT-FREE MILK (1)	(6) HOT DOG w/CONEY SAUCE ON WHOLE WHEAT BUN (1) HOMESTYLE FRIES (1) EUROPEAN BLEND VEGGIES HAWAIIAN FRUIT (1) FAT-FREE MILK (1)	(7) SLICED ROAST PORK LOIN MASHED POTATOES w/GRAVY MIXED VEGETABLES MULTI-GRAIN DINNER ROLL (2) BANANA NUT CAKE (3) FAT-FREE MILK (1)	(8) HAND CUT BEEF TIPS OVER EGG NOODLES (1) STEAMED BROCCOLI VINEGAR COLESLAW (1) WHOLE WHEAT BREAD w/OLEO CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)
(11) SWISS STEAK MASHED POTATOES (1) CORN (1) WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(12) HAM w/PINEAPPLE SAUCE SWEET POTATO (3) WAX BEANS MULTI-GRAIN DINNER ROLL & OLEO (1) LEMON PINEAPPLE JELLO (1) FAT-FREE MILK (1)	(13) SPAGHETTI WITH HOMEMADE MEAT SAUCE (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) SLICED PEARS (1) FAT-FREE MILK (1)	(14) HONEY-MUSTARD CHICKEN BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD w/OLEO (1) WHITE CAKE w/FROSTING (3) FAT-FREE MILK (1)	(15) TURKEY POT ROAST MASHED POTATOES w/TURKEY GRAVY (2) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO FRUIT (2) FAT-FREE MILK (1)
(18) GOLD COAST PORK CHOPS MASHED POTATOES (1) MIXED VEGETABLES (1) WHOLE WHEAT BREAD w/OLEO (1) SLICED PEACHES FAT-FREE MILK (1)	(19) CHICKEN w/TARRAGON GRAVY OVER BROWN RICE (1) ITALIAN BEANS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD/OLEO LEMON PUDDING CAKE (3) FAT-FREE MILK (1)	(20) SWEDISH MEATBALLS OVER EGG NOODLES (2) GREEN BEANS MARINATED CARROTS (1) MULTI-GRAIN DINNER ROLL (1) FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(21) BROCCOLI/CHICKEN CASSEROLE (1) BAKED POTATO (3) BISCUIT & OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(22) HOMEMADE MEATLOAF (1) MASHED POTATOES w/GRAVY CALIFORNIA BLEND VEGGIES WHOLE WHEAT BREAD w/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)
(25) OVEN BAKED BBQ CHICKEN OVEN BROWNED POTATOES WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD w/OLEO (1) APPLESAUCE (1) FAT-FREE MILK (1)	(26) TUNA NOODLE CASSEROLE (2) EUROPEAN BLEND VEGGIES VINEGAR COLESLAW (1) WHOLE WHEAT BREAD w/OLEO (1) CHOCOLATE CAKE (3) FAT-FREE MILK (1)	(27) SLICED ROAST PORK LOIN MASHED POTATOES w/GRAVY GREEN PEAS MULTI-GRAIN DINNER ROLL (2) PEAR JELLO w/WHIPPED TOPPING (1) FAT-FREE MILK (1)	(28) SALISBURY STEAK (1) MASHED POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(29) CHICKEN PARMESAN OVER SPAGHETTI NOODLES (1) ITALIAN BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)

**RIVERSIDE FRIENDSHIP CENTER
ONLY
OCTOBER 2010**

<p>FRIDAY RIVERSIDE DINING CENTER <u>ONLY</u></p>
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<p>(8) SPANISH RICE (2) BROCCOLI CARROT RAISIN SALAD (1) MULTI-GRAIN DINNER ROLL & OLEO (2) MIXED FRUIT CUP (1) FAT-FREE MILK (1)</p>

<p>(15) BOILED DINNER (1) MULTI-GRAIN DINNER ROLL & OLEO (2) OATMEAL APPLESAUCE CAKE (3) FAT-FREE MILK (1)</p>
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<p>(22) CHICKEN TARRAGON OVER BROWN RICE (1) EUROPEAN BLEND VEGETABLES TOSSED SALAD & DRESSING MULTI-GRAIN DINNER ROLL & OLEO (2) FRESH FRUIT (1) FAT-FREE MILK (1)</p>

<p>(29) BAKED CHICKEN SANDWICH (1) ON A WHOLE WHEAT BUN (2) LETTUCE & MAYO PACKETS HOME FRIES (1) CARROT RAISIN SALAD (1) FRESH FRUIT (2) FAT-FREE MILK (1)</p>
